DOCUMENT RESUME

ED 202 522 JC 810 296

AUTHOR	Tanner, Floyd R.; And Others
TITLE	Health Instruction Packages: Consumer--Dental Hygiene.
INSTITUTION	League for Innovation in the Community Coll., Los Angeles, Calif.
SPONS AGENCY	Kellogg Foundation, Battle Creek, Mich.
PUB DATE	77
NOTE	94p.
EDRS PRICE	MF01/PC04 Plus Postage.
DESCRIPTORS	Adult Education; Allied Health Personnel; *Dental Health; Dentists; Disease Control; *Hygiene; Learning Modules; Patient Education; *Preventive Medicine
IDENTIFIERS	Dental Appliances; *Health Instruction Exchange; *Oral Hygiene; Periodontics; Toothbrushing

ABSTRACT

Text, illustrations, and exercises are utilized in this set of five learning modules to instruct dental patients and the general public in the fundamental principles of dental hygiene. The first module, "Identify the Responsibilities for Your Oral Health" by Floyd R. Tanner, discusses the respective roles of the dentist and the patient in maintaining oral health. The second module, "Preventing Dental Disease" by Marvin Mansky, details the causes of tooth decay and gum disease and discusses their prevention. The third module, "A Guide to Better Dental Health" by Chris Leo, identifies the parts of the tooth and describes how diet in conjunction with plaque may cause dental disease. The fourth module, "What Is Plaque and How to Remove It" by Karen Harris, examines the composition of plaque and describes how to remove it with the use of a toothbrush and dental floss. The fifth module, "Oral Health during Orthodontic Treatment" by Vian A. Weller, illustrates how to clean the mouth when wearing braces. Each of the illustrated modules describes techniques and procedures, provides sequential reinforcement exercises, and concludes with a post-test and answer key. The modules are designed to be completed in a specified length of time ranging from 15 to 30 minutes. (JP)

****
* Reproductions supplied by EDRS are the best that can be made *
* from the original document. *
****

ED2025522

HEALTH INSTRUCTION PACKAGES:

CONSUMER -- DENTAL HYGIENE

Modules prepared by:

Floyd R. Tanner, DDS
Marvin Mansky, DDS
Chris Leo, RDH
Karen Harris
Vian A. Weller

HEALTH INSTRUCTION EXCHANGE

A Project of the League for Innovation in the Community College

JC 810 296

U.S. DEPARTMENT OF EDUCATION
NATIONAL INSTITUTE OF EDUCATION
EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)

X This document has been reproduced as received from the person or organization originating it.

☐ Minor changes have been made to improve reproduction quality.

• Points of view or opinions stated in this document do not necessarily represent official NIE position or policy.

"PERMISSION TO REPRODUCE THIS MATERIAL HAS BEEN GRANTED BY

Robert Leo

TO THE EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)."

HEALTH INSTRUCTION EXCHANGE
1100 Glendon Avenue □ Westwood Center □ Suite 825 □ Los Angeles, CA 90024 □ 213 478-1411
A PROJECT OF THE LEAGUE FOR INNOVATION IN THE COMMUNITY COLLEGE

IDENTIFY THE RESPONSIBILITIES

FOR YOUR ORAL HEALTH

by

Floyd R. Tanner, DDS

© Floyd R. Tanner, DDS, 1977

All Rights Reserved

TITLE OF PACKAGE:	Identify The Responsibility for Your Oral Health
AUTHOR:	Floyd R. Tanner, DDS
INSTITUTION:	ASPD Workshop
INTENDED STUDENTS:	Patients in a Dental Office
ESTIMATED WORKING TIME:	10 Minutes
MATERIALS NEEDED:	None

FIELD TEST COPY

HEALTH INSTRUCTION EXCHANGE
1100 Glendon Avenue □ Westwood Center □ Suite 925 □ Los Angeles, CA 90024 □ 213 478-1411
A PROJECT OF THE LEAGUE FOR INNOVATION IN THE COMMUNITY COLLEGE

INTRODUCTION

WHO WANTS A HEALTHY MOUTH!!!

People who go to the dentist do, BUT, the dentist and his staff can't do it all.

You see, you and the dental team have separate responsibilities.

This booklet will identify the responsibilities for your oral health.

At the end of the practice questions you will find four questions we would like you to answer.

1 You will be asked to define oral health

2 and determine if it is important to you.

3 You will also be able to tell what your responsibilities are

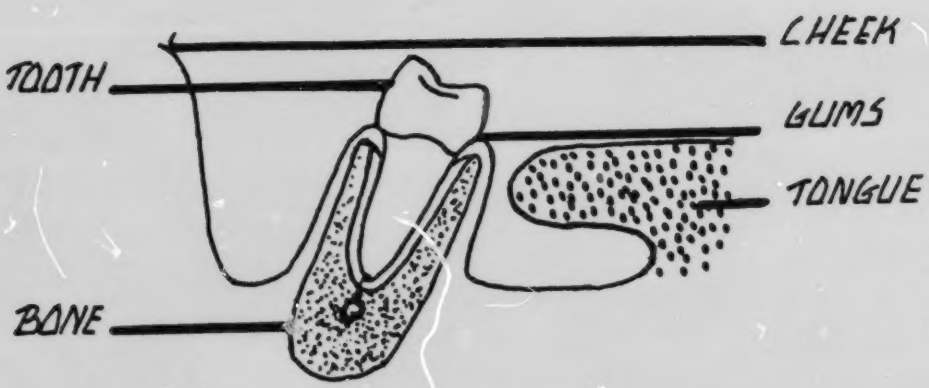
4 and what the responsibilities of our dental office are.

PRACTICE EXERCISE I

Before we can identify responsibilities, perhaps we should determine what "oral health" means. In the mouth we have two types of tissue.

HARD TISSUE

SOFT TISSUE



We have (1) hard tissue and (2) soft tissue. These two types of tissue can be attacked by many factors, any of these factors either by themselves or in combination can cause a SLOW BREAKDOWN or DESTRUCTION of these two types of tissue.

If your oral tissues are not healthy, they will show SIGNS & SYMPTOMS of this BREAKDOWN.

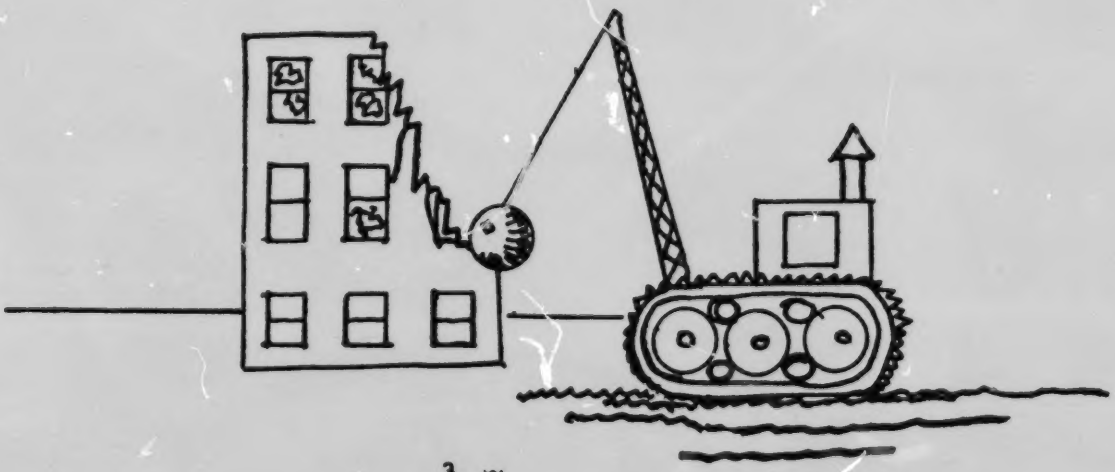
PRACTICE EXERCISE I (Continued)

1. a. What are the two types of tissue in the mouth:

   1) _____

   2) _____

   b. What does OPTIMUM ORAL HEALTH mean to you?



PRACTICE EXERCISE I (Continued)

Feedback

1. a. Good for you if you wrote hard and soft tissue.

   b. Optimum oral health is the condition of the hard and soft tissue that does not show signs or symptoms of breakdown.

That was toughie wasn't it? We hope you had the key words of

- hard and soft tissue
- does not
- signs or symptoms
- breakdown

PLEASE CONTINUE ON TO PRACTICE EXERCISE 2 . . . . . .

PRACTICE EXERCISE 2

If the pressures of your own individual life are such that you can only take care of dental problems when they occur, we understand. Due to many pressures and other priorities, many people are "not able" to care if their oral tissues are healthy. This is neither good nor bad and this office makes no judgement one way or the other.

But, we do at this point need to ask what your feelings are about your oral health.

2. Is your oral health important to you?

- ☐ Yes
- ☐ Possibly, I still can't decide
- ☐ No

PRACTICE EXERCISE 2 (Continued)

Feedback

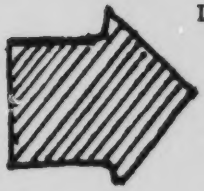
If you answered NO the remainder of this booklet possibly will not be of value.

But, you are welcome to continue.

Well, let's continue . . . . .

PRACTICE EXERCISE 3

You and I (our dental office) both have responsibilities to HELP YOU.



LETS LOOK AT THE RESPONSIBILITY OF THE DENTAL OFFICE FIRST!

1. Our first responsibility is to help you learn the mechanical skills to keep your oral tissue healthy. This we call "home care instruction."

2. Another responsibility of our office is to determine when you should return for a periodic examination.
   NO two people are ALIKE and this period of time can vary greatly between two people.

3. We can also be responsible for keeping track of the time interval for your periodic examination and notifying you when you should return.

PRACTICE EXERCISE #3 (Continued)

3. What are the three responsibilities of the dental office?

1)

2)

3)

PRACTICE EXERCISE 3 (Continued)

Feedback

1) Provide home care instruction.

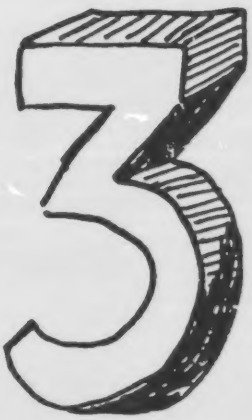
2) Determine how often I should return for a periodic examination.

3) Notify me when I should come in for my periodic examination.

DID YOU GET THOSE THREE RIGHT?

If not, you can go back and look over that section and try this question again - and, if you are comfortable with what you have learned, let's continue on.

PRACTICE EXERCISE 4



NOW LET"S LOOK AT YOUR RESPONSIBILITIES.

- THERE ARE THREE OF THEM ALSO.

* Most people can maintain optimum oral health by using proper home care procedures.

* In order to discover a breakdown that might occur in your oral health, it is necessary to return periodically for us to observe this tissue.

* At these periodic examinations, it will be necessary for you to demonstrate the abilities you have learned such as flossing, brushing, and/or the use of other devices that might help keep your tissue healthy.

PRACTICE EXERCISE 4 (Continued)

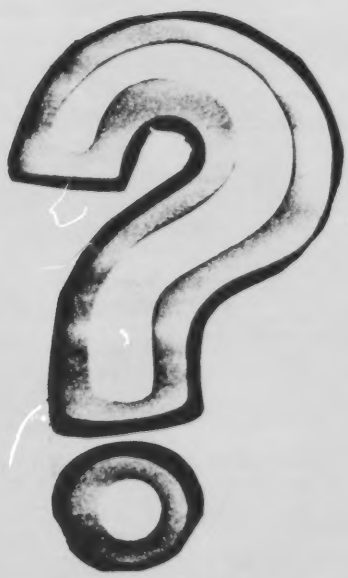
4. YOU'RE DOING FINE.

CAN YOU NOW SUMMARIZE WHAT YOUR THREE RESPONSIBILITIES ARE?

1)

2)

3)



PRACTICE EXERCISE 4 (Continued)

Feedback

Your responsibilities are:

1) Home care

2) Returning for periodic examination

3) Be able to perform at a certain level at my periodic examination

NOW YOU KNOW WHAT THE THREE RESPONSIBILITIES ARE OF OUR DENTAL OFFICE AND YOUR THREE RESPONSIBILITIES.

POST TEST

1. What does "oral health" mean to you?

2. Is having healthy oral tissue important to you?

3. List the things our dental office is responsible for:

   a.

   b.

   c.

4. List your responsibilities:

   a.

   b.

   c.

POST TEST ANSWERS

1. Oral health is the absence of signs and symptoms of tissue breakdown.

2. We hope you answered yes.

3. a. Provide home care instruction
   b. Determine how often I should return for periodic examination
   c. Notify me when I am due to return

4. a. Proper home care
   b. Return for my periodic examination
   c. Demonstrate my abilities at my periodic examination

CONGRATULATIONS!

If you got every answer correct, you're SUPER!! You are welcome to take this with you to review our respective responsibilities.

How about helping us with two more simple questions -

(PLEASE TURN THE PAGE)

1. DID THIS BOOKLET MAKE CLEAR YOUR RESPONSIBILITIES AND OUR RESPONSIBILITIES?

YES

NO

2. DO YOU THINK OTHER PEOPLE COMING TO OUR OFFICE WILL FIND THIS USEFUL AND INFORMATIVE?

YES

NO

THANK YOU FOR YOUR HELP -
WON'T YOU RIP OUT THIS PAGE AND
GIVE IT TO OUR RECEPTIONIST

HEALTH INSTRUCTION EXCHANGE
1100 Glendon Avenue □ Westwood Center □ Suite 925 □ Los Angeles, CA 90024 □ 213 478-1411
A PROJECT OF THE LEAGUE FOR INNOVATION IN THE COMMUNITY COLLEGE

PREVENTING DENTAL DISEASE

by

Marvin Mansky, DDS

© Marvin Mansky, DDS, 1977
All Rights Reserved

TITLE OF PACKAGE:	Preventing Dental Disease
AUTHOR:	Marvin Mansky, DDS
INSTITUTION:	American Society for Preventive Dentistry
INTENDED STUDENTS:	Dental Consumers
ESTIMATED WORKING TIME:	20 Minutes
MATERIALS NEEDED:	None
REVISED:	Nov. 1, 1977

HEALTH INSTRUCTION EXCHANGE
1100 Glendon Avenue □ Westwood Center □ Suite 925 □ Los Angeles, CA 90024 □ 213 478-1411
A PROJECT OF THE LEAGUE FOR INNOVATION IN THE COMMUNITY COLLEGE

INTRODUCTION

By the time you complete this self-instructional unit you will be able to describe some ways of preventing dental disease and some of the benefits of following these preventive approaches.

Specifically, you will learn the why of most dental disease, the techniques and the frequency each is needed to help prevent these diseases.

You will also be asked to determine when you can best fit these procedures into your daily schedule.

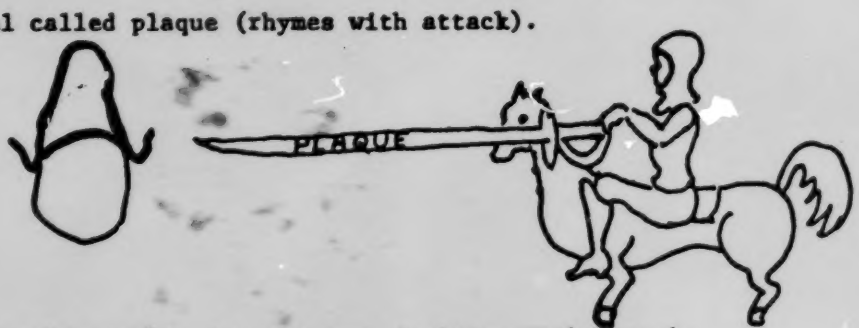
PRACTICE EXERCISE #1

Did you know that 98% of the world's population have dental disease! 20% of the U.S. population have NO TEETH at all!

Think for a moment about the quality of life if you were to lose all or most of your teeth.

- Food catches under dentures
- Dentures cannot effectively chew food
- Dentures have been known to fall out in places such as crowded elevators and dinner parties
- Sometimes they are just plain uncomfortable

The two most significant dental diseases are decay and gum (Periodontal) disease. Both of these diseases are caused by a sticky tooth colored material called plaque (rhymes with attack).



Plaque adheres to the tooth under the gum, in-between the teeth, on the teeth and on the tongue.

By adequately removing plaque from the teeth and tongue once each day most decay and gum disease can be prevented.

1. Without looking back, can you recall the names of the two major dental diseases as well as their cause?

Feedback

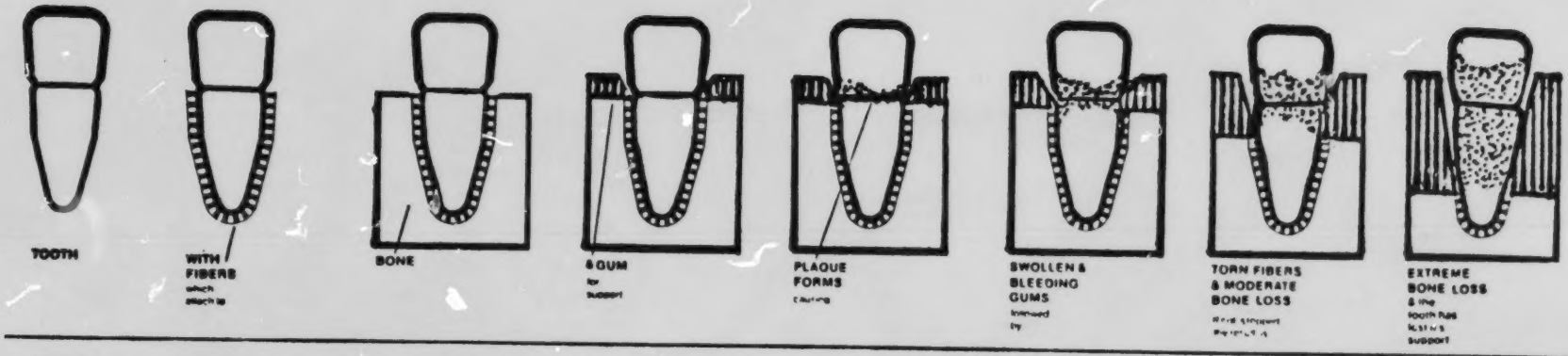
Wipe out evil decay

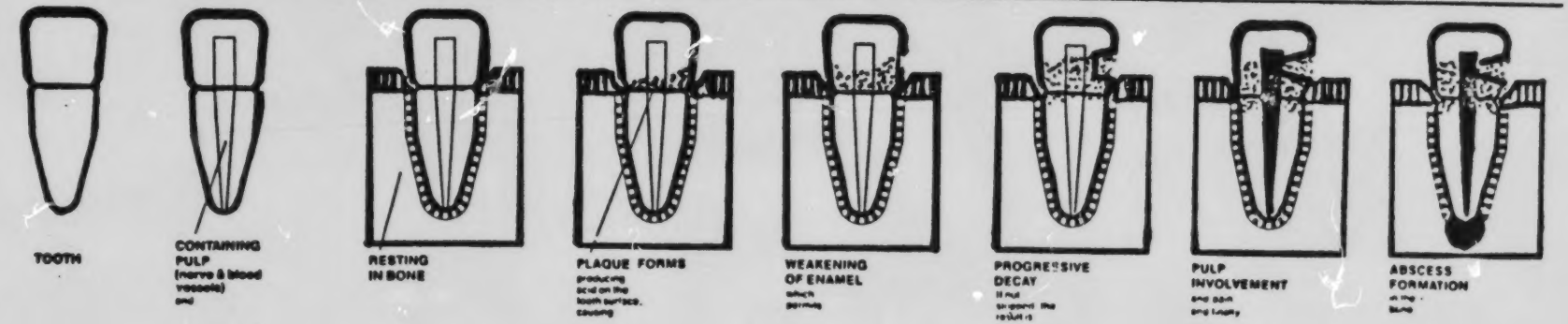
Help eliminate gum disease

Read on and discover the road to true happiness.

PLAQUE & PERIODONTAL DISEASE

(a short, absolutely dreadful story)





PLAQUE &TOOTH DECAY

(a painful subject!)

PRACTICE EXERCISE #2

During the last 10 years it has been broadly realized that when refined sugar combines with certain bacteria in the mouth it forms a soft, sticky, tooth-colored material called plaque. The bacteria in plaque change refined sugar into acids and enzymes. These end products of bacteria and sugar cause decay and gum disease. If not prevented, either of these diseases can cause tooth loss which usually affects aesthetics, function and comfort. Please refer now to the PLAQUE AND PERIODONTAL DISEASE and PLAQUE AND TOOTH DECAY chart. This will show you the destructiveness of decay and gum disease.

2. _____ and _____ in combination form plaque. The _____ in plaque changes _____ into acids and enzymes. The acids dissolve the tooth causing _____ and the enzymes cause _____ disease.

ANSWERS ON NEXT PAGE

PRACTICE EXERCISE #2 (Continued)

Feedback

So, now you know - BACTERIA and SUGAR in combination form plaque. The BACTERIA in plaque changes SUGAR into acids and enzymes. The acids dissolve the tooth causing DECAY and the enzymes cause GUM disease.

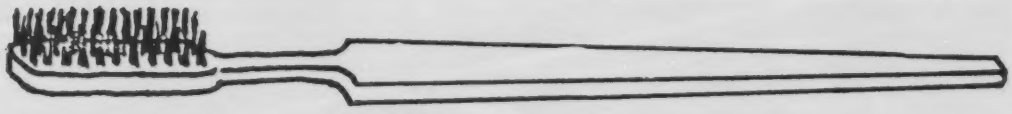
And next, ladies and gentlemen, is what YOU can do about it.

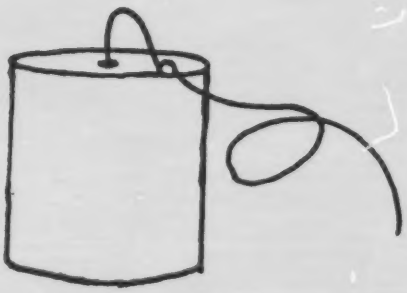
PRACTICE EXERCISE #3

A variety of techniques are available to you to control dental disease. These techniques are extremely important in supplementing what your dentist can do to help you realize the JOY OF HEALTH. THE FOLLOWING FIVE TECHNIQUES SHOULD BE MEMORIZED.

1. EFFECTIVE DAILY CLEANSING OF THE TEETH.

   This includes brushing and flossing and may include the use of a toothpick and water irrigation.

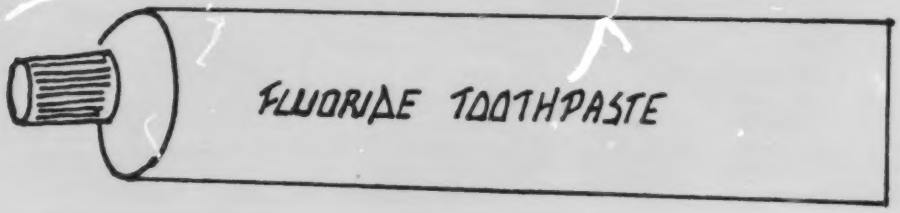




2. FLUORIDE

   - Fluoride may be applied by your dentist
   - You may apply it at home by using a fluoridated toothpaste
   - It may be in your local water supply

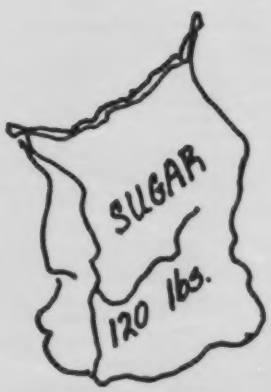
Your dentist can help you determine the best method or combination of methods of fluoride application that would be best for you.



3. SUGAR INTAKE

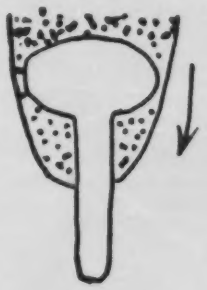
Are you aware that the average person in the United States eats about 120 pounds of sugar each year. Think a moment about how often you eat refined sugar in any form: Table sugar; foods processed with sugar; or foods cooked with sugar. Approximately 30 minutes of acid and enzymes are produced every time you eat sugar. If you have sugar 10 times during the day - 300 minutes of acid and enzymes are formed (about 5 hours). PROTECT YOURSELF! Decrease the frequency of your sugar intake. Reserve a special time during the day when you can have a special treat and try, try, try not to have any other refined sugar that same day.

8



4. TONGUE CLEANING

Plaque accumulates on the surface of the tongue. It has been shown to cause 40-60% of mouth odors as well as speed up the formation of plaque on the teeth. Daily tongue cleaning can have a significant benefit in maintaining the hygiene and health of your mouth.



5. CHECK-UP VISITS WITH YOUR DENTIST

During routine visits to your dentist he can help you determine how well you are doing with your home care in removing plaque. He will also check your mouth for the beginning stages of disease as well as correct problems that have developed since your last visit to see him. He may recommend certain dietary changes and fluoride supplementation. He or a dental hygienist will then clean your teeth to help you clean areas that you have had difficulty with during the time between visits.

3. List five different procedures you can follow to help prevent dental disease. Review the section preceding this if you have difficulty.

THIS IS VERY IMPORTANT!

1)

2)

3)

4)

5)

PRACTICE EXERCISE #3 (Continued)

Feedback

"Can I really help control dental disease?"

"Of course you can."

"How?" (Answer 1)

"Really clean your teeth well with floss and brush and maybe water irrigator and toothpick."

"That's all?" (Answer 2)

"No, there's more. Apply fluoride with a fluoridated toothpaste and/or have your dentist apply fluoride in the dental office."

"Anything else?" (Answer 3)

"Of course - cut down on how frequently you eat sugar foods. It's hard, but many people find they can do it. Remind yourself to read ingredient labels on all processed food. If you look for sugar, brown sugar, corn syrup and/or honey, you will get a better understanding of how it's possible for an individual to eat 120 pounds of sugar each year on the average."

"Still more?" (Answer 4)

"Yes, clean your tongue. It really does decrease odor and also helps prevent plaque from forming on the teeth."

"Enough already" (Answer 5)

"Last thing! See your dentist for checkups and cleaning at intervals he recommends."

PRACTICE EXERCISE #4

People used to think that you should "brush your teeth three times each day and see your dentist twice a year." Did your realize that this information was originally started by a toothpaste radio commercial many years ago? Did you realize that you only need to clean your teeth and tongue once each day because plaque takes 24 hours to build up enough to be destructive? Are you aware that the length of time needed for checkup is dependent on the amount of active disease you have in your mouth as well as how you are doing with your home care?

Your dentist will also be able to suggest how often fluoride should be applied to your teeth in his office. He will also probably suggest that you use a fluoridated toothpaste daily.

4. a) How often should home care plaque control procedures be performed?

   b) How often should fluoride be applied at home?

   c) How often should you visit the dentist for a dental office checkup?

   d) How often should fluoride be applied in the dental office?

PRACTICE EXERCISE #4 (Continued)

Feedback

So now you know what and when you can do for yourself:

a) Clean your teeth and tongue well once each day.

b) If recommended, use a fluoridated toothpaste each day.

c) Let your dentist determine how often you should visit him and try to follow this suggestion.

d) Have fluoride applied in the dental office when recommended by your dentist or hygienist

And, remember, try and control the frequency of sugar intake.

PRACTICE EXERCISE #5

Spend a few moments now considering the following times during the day to see if any would make a "best time" for you to take care of your teeth:

Before bed - eliminates morning dragon breath - mouth feels fresh in the morning.

While watching TV - keep the floss on the TV as a reminder. Experienced flossers and brushers do not need a mirror.

On awakening - helps you start your day right if you cannot floss at night.

If one of these times is good for you - terrific.

If not, spend some more time now and work out a time that you feel reasonably sure you will be able to follow suggested home care techniques.

5. What is the one most convenient time during your day for you to carry out the 5 - 10 minutes required to follow suggested home care procedures?

PRACTICE EXERCISE #5 (Continued)

Feedback

Of course, you have 5 - 10 minutes each day. It's just a matter of figuring out when it best fits in your schedule.

WHAT TIME DID YOU PICK?

PRACTICE EXERCISE #6

Keeping your teeth and tongue plaque-free does decrease decay and gum disease. However, there are other benefits to be gained by following the previously discussed preventive procedures. (At this time see if you can recall the five procedures suggested)

Some of the benefits are:

- Keeping your teeth for at least one day longer than you live
- Lower cost for dental care
- Bright shiny clean teeth
- A fresh, pleasant breath
- Stopped bleeding
- Less nervousness about having needed dental treatment
- Pride in having good oral health
- The joy of health

Please spend some time now considering if and how EACH of the above benefits of preventive care is applicable to YOU and other members of your family.

mirror, mirror on the wall
who's the fairest of them all?

6. List other benefits that are MEANINGFUL TO YOU in having a clean mouth besides decreasing decay and gum disease:

a)

b)

c)

d)

e)

f)

g)

h)

PRACTICE EXERCISE #6 (Continued)

Feedback

Benefits:

a) Keeping teeth

b) Lower cost

c) Bright shiny teeth

d) Fresh breath

e) Stop bleeding

f) Less nervousness when having dental treatment

g) Pride in sharing the responsibility for your own health

h) The joy of health

And, would you believe -

TRUE HAPPINESS!

POST-TEST

1. What are the two major dental diseases?

2. Select the major cause of dental disease from the following list: (circle correct letter)

   a) Food

   b) Sugar

   c) Poor home care

   d) Plaque

   e) Lack of dental care

   f) Worms

3. Mrs. Jones asks why plaque causes dental disease. What would you tell her?

4. What are the five procedures needed to prevent dental disease:

   1)

   2)

   3)

   4)

   5)

5. How often should each of the following be performed:

   a. Home care procedures _____

   b. Fluoride (applied in the office) _____

   c. Fluoride (at home) _____

   d. Dental office checkup _____

6. To help prevent dental disease, which food substance is considered the most destructive: _____

7. Write down the time you can best fit the suggested home care procedures into your schedule:

8. Name some of the other benefits of effective oral care:

   1)

   2)

   3)

   4)

   5)

   6)

   7)

ANSWERS TO POST-TEST

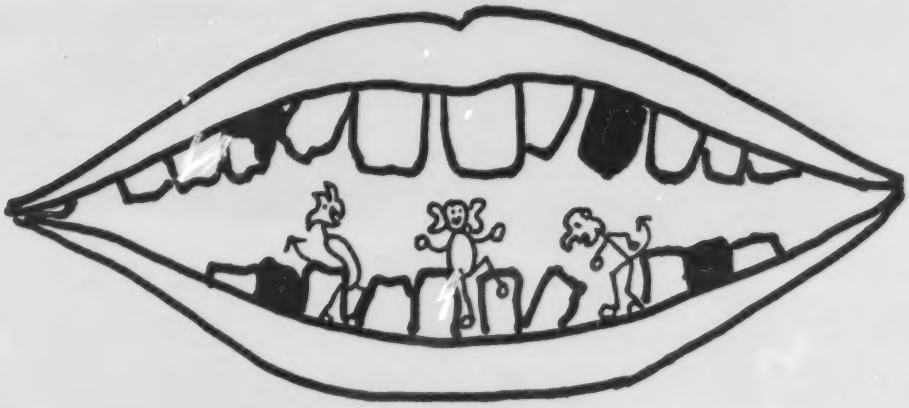
1. Decay and gum (periodontal) disease
2. d)
3. The bacteria in plaque combines with sugar to form acids and enzymes. The acids dissolve the tooth to cause decay and the enzymes cause gum disease.
4. 1) Good teeth cleansing (generally with floss and brush)
   2) Fluoride application as recommended by your dentist
   3) Tongue cleansing
   4) Decrease frequency of sugar intake
   5) See your dentist for checkups
5. a. Once each day
   b. As your dentist or hygienist recommends
   c. Daily if recommended by your dentist or hygienist
   d. As your dentist or hygienist recommends
6. Refined sugar
7. Is the time you selected really the best time? Think about this one more time.
8. 1) Clean fresh breath
   2) Bright shiny teeth
   3) Lower dental expense
   4) Keeping your teeth
   5) Less nervousness when having dental treatment
   6) Stopped bleeding
   7) The Joy of health (and true happiness)

HEALTH INSTRUCTION EXCHANGE
1100 Glendon Avenue □ Westwood Center □ Suite 925 □ Los Angeles, CA 90024 □ 213 478-1411
A PROJECT OF THE LEAGUE FOR INNOVATION IN THE COMMUNITY COLLEGE

A GUIDE TO BETTER DENTAL HEALTH PART I

by

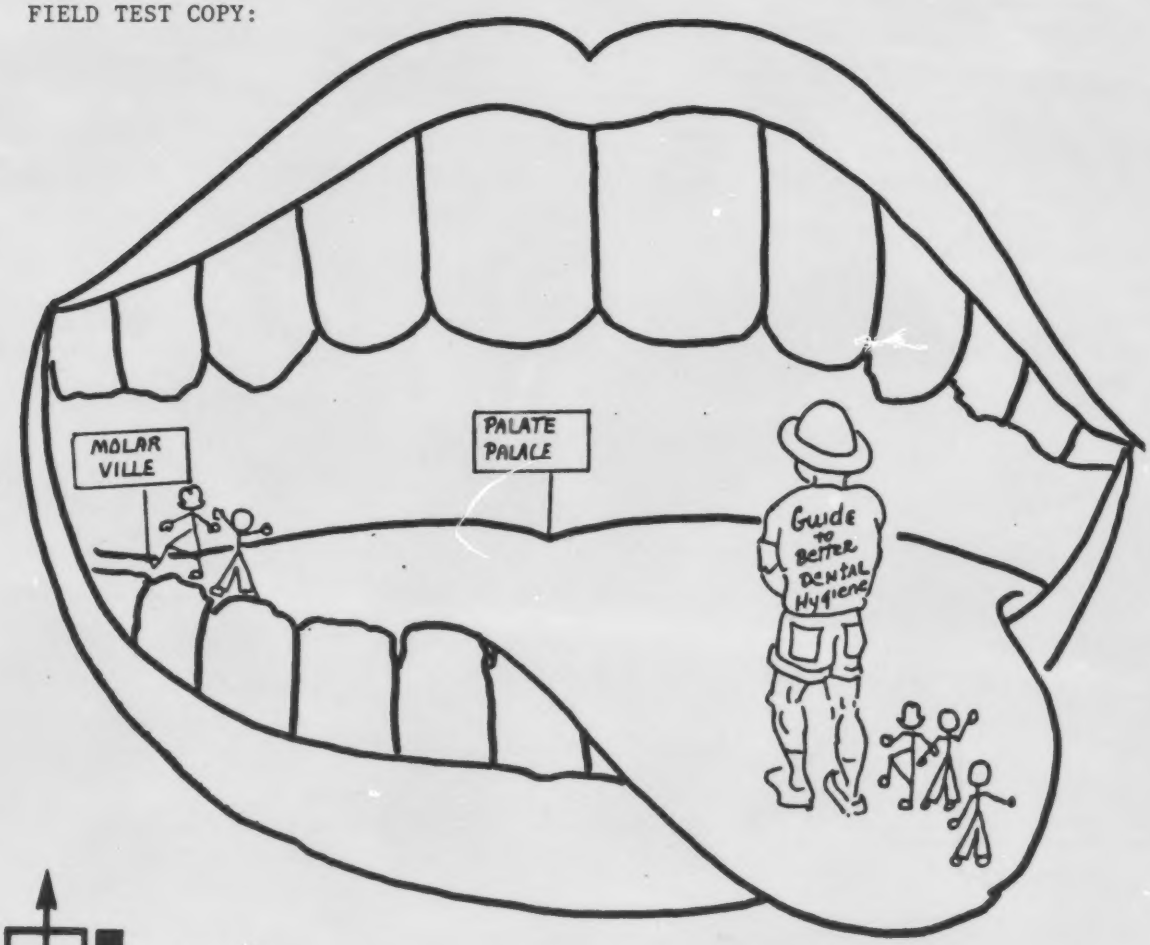
Chris Leo, RDH



© Chris Leo, RDH, 1977
All Rights Reserved

TITLE OF PACKAGE:	A Guide to Better Dental Health Part I
AUTHOR:	Chris Leo, RDH
INSTITUTION:	Dental Office
INTENDED STUDENTS:	Teacher, Office Staff
ESTIMATED WORKING TIME:	15 - 20 Minutes
MATERIALS NEEDED:	None

FIELD TEST COPY:



HEALTH INSTRUCTION EXCHANGE
1100 Glendon Avenue □ Westwood Center □ Suite 925 □ Los Angeles, CA 90024 □ 213 478-1411
A PROJECT OF THE LEAGUE FOR INNOVATION IN THE COMMUNITY COLLEGE

INTRODUCTION

When was the last time you really looked inside your mouth? A lot of people go through an entire lifetime never really looking or understanding what happens in the mouth and this may be the reason why so many people today are walking around with dental disease. So let's spark your dental awareness and take you on a guided tour of your mouth.

Your mouth is a vast area of unknown territory of many nooks and cranies. In this package we will focus our attention on our teeth and gums, a very good place to start considering their great importance to our general health (mental and physical) and to our appearance.

Please keep in mind that along with presenting new information to you it is hoped that it has been presented in a manner that will aid you in taking the information back to your students.

OBJECTIVES OF UNIT

Overall Objective

You will recall a general knowledge of what dental disease is and will be able to explain and convey the information in terms your students will understand.

Sub-Objectives

1. Explain the importance of healthy teeth and gums.
2. Describe what dental disease is.
3. Draw and label a diagram of the tooth, including: enamel dentin, pulp, gingiva, root and crown.
4. Describe what plaque is including a description of color, consistency, composition and consequences.
5. Explain how diet in conjunction with the plaque may cause dental disease.
6. The teacher will be able to honestly express how he/she feels about good dental health and the package in general.

PRACTICE EXERCISE #1

Consider first why we have teeth and gums.

We need our teeth for the following reasons:

1. For chewing and breaking down our food

2. For proper speech

3. For good appearances

Have you ever really thought about what it would be like without your teeth? Without your real teeth you lose a certain amount of contact with your world around you.

Our gums act as a barrier. They are tightly attached to the tooth to prevent plaque and food from being pushed down between the tooth and gums. If the gums were not tightly attached around the tooth, the plaque and food would get in-between the tooth and gum and will cause an infection to start.

Let's see if I've explained this clearly.

1. Please list the three purposes of teeth and explain gums relationship to our teeth:

1)

2)

3)

Gums:

PRACTICE EXERCISE #1 (Continued)

Feedback

1) For chewing

2) Forming our words correctly

3) For appearances

Gums act as a barrier and prevent plaque and food from being pushed down between your gums and tooth.

PRACTICE EXERCISE #2

Now that we have looked at healthy teeth and gums, let's discuss what happens with the diseased aspect of our teeth and gums.

Dental disease is one of the oldest and most common diseases known to man. It is the infection of teeth and tissues that support the teeth (i.e. gums and bone). The infection of the teeth is called tooth decay or dental caries. The infection of the supporting tissues is called periodontal disease. Also included as a dental disease, although it is not an infection, is malocclusion. This is the irregularity of tooth positioning and jaw functionings.

Dental decay can be seen at any age but is most common in children. It is the leading cause of tooth loss for those under the age of 30.

Although people associate periodontal disease with adults, it is also seen in its early stages in most children. Periodontal disease is the main cause of tooth loss after the age of 30.

Now let's see if I've confused you in any way.

2. See if you could explain in simple terms what dental disease is:

PRACTICE EXERCISE #2 (Continued)

Feedback

Compare your answer. Did you explain that dental disease is an infection of your teeth and gums and that the disease of the teeth is called tooth decay and infection of the gums is called periodontal disease?

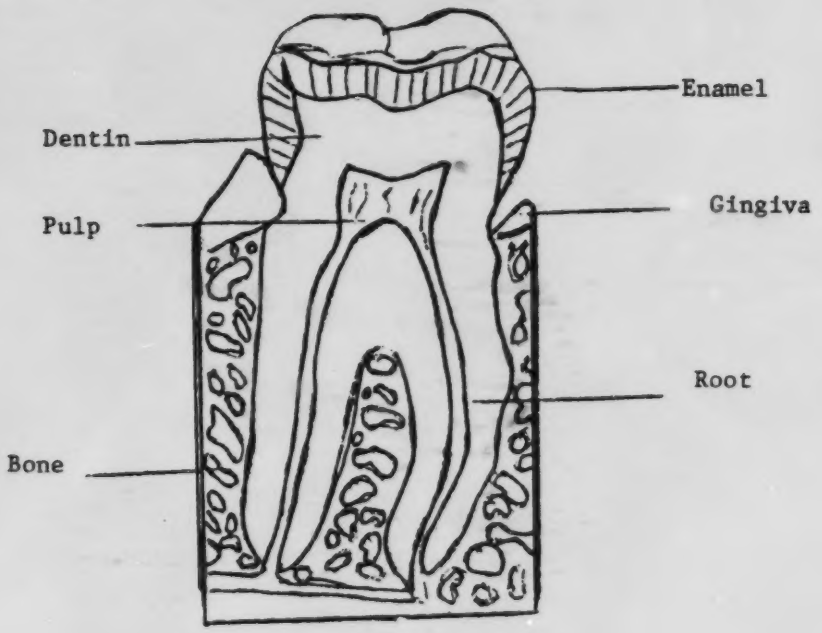
There is also another type of dental disease but not the infectious type and that is malocclusion.

You're doing great. Now let's move on and see what else we can boggle your brain with.

PRACTICE EXERCISE #3

To understand how dental disease effects our teeth and gums, let's look at what a tooth and it's surrounding gums look like.

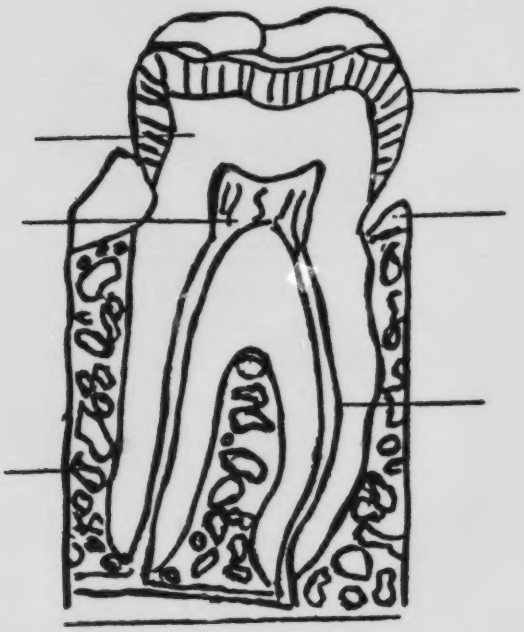
Below is a picture of a tooth. It's labeled with the different parts of the tooth. Take a couple of seconds to look at it.



The enamel is the surrounding surface of the tooth and is the hardest substance in the body, even harder than our bones. Dentin is under the enamel surface and is a softer substance. Pulp provides the blood and nerve supply to the tooth. And the gingiva surrounds the outside of the tooth. Notice the gingiva is attached about 3 mm below the gingival line. Under the gingiva you will find bone structure.

Now lets see if you can remember the structure of the tooth.

3. Try to label the diagram below:



Feedback

Make sure you have the parts labeled right.

Check your answers with the diagram that is labeled.

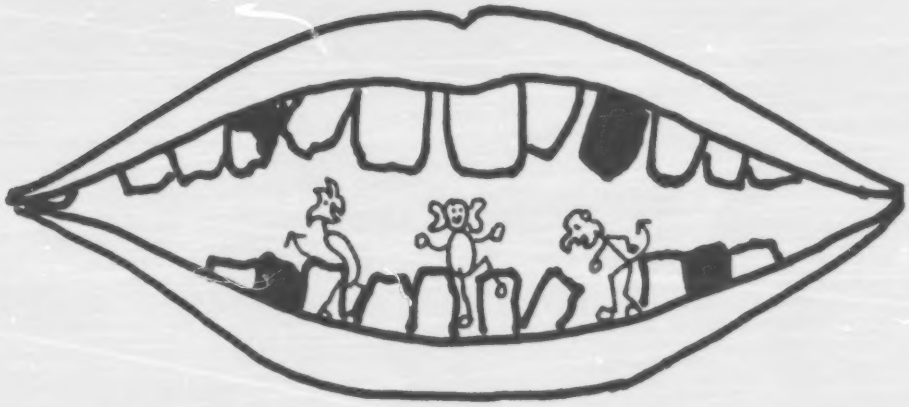
PRACTICE EXERCISE #4

To continue on our guided tour of our mouth, we now come across something that many people on the tour were not aware of. If you'll look more closely, it's down there around the gingival line, where the tooth and the gums come together; its soft and yellowish and sometimes if you're not careful, it is very difficult to see.

It's called PLAQUE !

PRACTICE EXERCISE #4 (Continued)

Bacteria plays an important part in this journey also. Bacteria are normally found free flowing in a healthy mouth. These bacteria depend on the food you eat for their survival. When the bacteria clump together in colonies on the teeth and gums, the harmful effects of dental disease begin. This colonization of the bacteria is called plaque. It is colorless, sticky film composed mainly of bacteria.



4. From the information I've presented do you think you could describe what plaque is?

PRACTICE EXERCISE #4 (Continued)

Feedback

Check and see if your answer includes the following points:

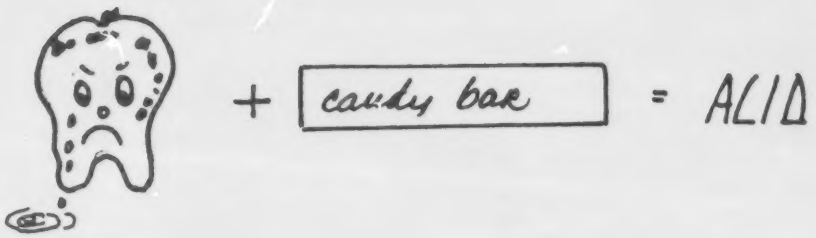
Plaque is a colorless, sticky film composed of bacteria.

PRACTICE EXERCISE #5

The bacteria of plaque need specific types of food to grow and multiply. A diet rich in sugar promotes the formation of plaque by acting as a nutrient source for the bacteria and by providing a sticky substance which allows the bacteria to adhere. A waste product of the bacteria feeding on this sugar-rich diet is an acid which promotes dental disease. This acid dissolves tooth structure causing dental decay and is a contributing factor in initiating periodontal disease.

Consider this little equation:

Plaque + sugar = acid



5. With the above information in mind, see if you can explain how our diet may contribute to dental disease.

PRACTICE EXERCISE #5 (Continued)

Feedback

If you explained that the bacteria in our mouth feed off the sugar we eat and that a waste product is produced called acid and that this acid will weaken the enamel, start dental decay and/or initiate perio disease - you are correct.

There, you are doing great. Now let's go on.

This ends part of part one. Continue to the post-test and see how much you can remember.

POST TEST

1. During a conversation with your students you discover they have negative feelings toward their teeth. What could you tell them about the importance of their teeth and gums that would change their feelings towards their mouth?

2. Name the two main structures that may be effected by dental disease:
   1.
   2.
   3.

3. a. Draw a diagram of a tooth and label with the following:
   Enamel, dentin, pulp, gingiva, root and crown

   b. What is the hardest structure of the body, even harder than bone?

4. In terms that your students would understand, describe what plaque's consistency is, what it looks like, what it is composed of and where it is located.

POST TEST (Continued)

5. What foods does your school cafeteria serve that provide a substrate for the bacteria in our plaque that causes the formation of acid?

6. The idea of good dental health is: (Circle one)

Stimulating	1	2	3	4	5	Uninteresting
Important	1	2	3	4	5	Unimportant
Useful	1	2	3	4	5	Useless
Explanatory	1	2	3	4	5	Confusing

7. I would like to share the information I learned with my students:

_____ Yes _____ No

ANSWERS TO POST TEST

1. If you mentioned that teeth and gingiva are very important and if you included the purpose of them, then you're doing OK. Go back to Page 3 and compare your answer.
2. Teeth and gingiva
3. Check on Page 7 to see if your picture corresponds with that one.
4. Check Pages 9-11 to see if your answer corresponds with the correct answer.
5. Any foods that contain sugar would be a correct answer.

ANSWER SHEET FOR PRACTICE QUESTIONS

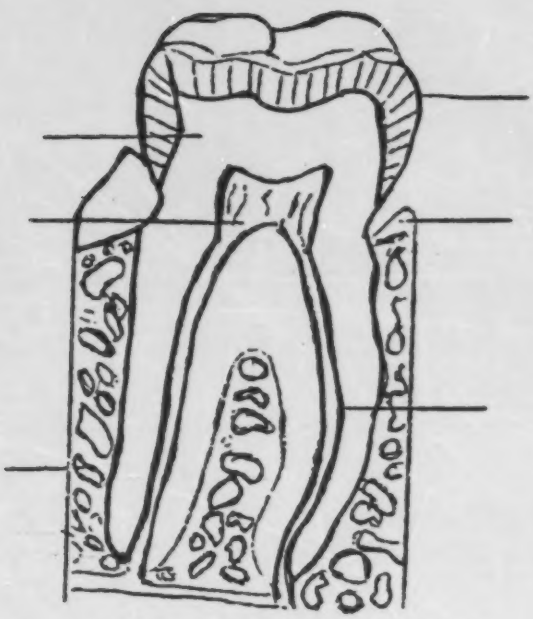
1. 1)

   2)

   3)

2.

3.



4.

5.

ANSWER SHEET FOR POST-TEST

1.

2. 1)

2)

3.a.

b.

4.

5.

6.

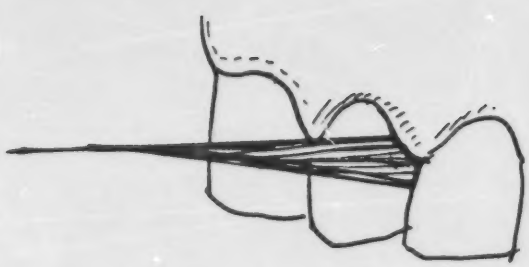
7.

HEALTH INSTRUCTION EXCHANGE
1100 Glendon Avenue □ Westwood Center □ Suite 925 □ Los Angeles, CA 90024 □ 213 478-1411
A PROJECT OF THE LEAGUE FOR INNOVATION IN THE COMMUNITY COLLEGE

WHAT IS PLAQUE AND HOW TO REMOVE IT

by

Karen Harris



© Karen Harris, 1977
All Rights Reserved

TITLE OF PACKAGE: What is Plaque and How to Remove It

AUTHOR: Kare[illegible]rris

INSTITUTION: John [illegible]. Butler Company

INTENDED STUDENTS: P[illegible]nts, teachers

ESTIMATED WORKING TIME: 15 [illegible]nutes

MATERIALS NEEDED: Toothbrush; dental floss; disclosing tablets.

FIELD TEST COPY

HEALTH INSTRUCTION EXCHANGE
1100 Glendon Avenue □ Westwood Center □ Suite 925 □ Los Angeles, CA 90024 □ 213 478-1411
A PROJECT OF THE LEAGUE FOR INNOVATION IN THE COMMUNITY COLLEGE

INTRODUCTION

The dentist and staff welcome you to Preventive Dentistry. We would like you to go through this packet that is designed to help you control dental disease, both dental decay and periodontol disease.

Our goal for you will be a lifetime of attractive appearance, comfortable chewing, and lower dental repair costs.

You will be playing the leading role.

This packet will teach you to help yourself. Your success and health are in your hands.

Prevention of dental disease is really simple . . . but, not easy . . . it takes "wanting to."

This packet will help you learn why and how to prevent dental disease.

You will learn to recognize plaque, to identify a toothbrush best for you, and to use the brush and dental floss effectively.

PRACTICE EXERCISE #1

Look at Card 1, Illustration A. Read what it says and notice how plaque can be plainly seen after using a tablet.

Plaque is a sticky, colorless layer of harmful bacteria that is constantly forming on your teeth. It is made up of mostly bacteria, saliva and food debris.

The bacteria in plaque are recognized to be a primary cause of the two most common dental diseases:

1. Dental decay (cavities)

   Food + bacteria = plaque

   Plaque + tooth = tooth decay

2. Periodontal disease

   Food + bacteria = plaque

   Irritant in plaque on the teeth and gums

   starts process of periodontal disease

1. Now, in your own words . . . describe plaque:

After completing your definition, check your answer on next page.

PRACTICE EXERCISE #1 (Continued)

Feedback

I hope you said something like the following:

Plaque is a colorless substance that forms on my teeth daily. It is made up of bacteria, saliva and food debris. It can be seen after using a disclosing tablet.

PRACTICE EXERCISE #2

We have learned in the past few years through much dental research that bacterial plaque is the primary cause of tooth decay and periodontal disease.

It can be controlled and removed daily with the proper use of the toothbrush and dental floss.

We use disclosing tablets to disclose the enemy to help make plaque visible so we can remove it.

2. Tell why and how to remove bacteria plaque:

PRACTICE EXERCISE #2 (Continued)

Feedback

You would be correct if you said the proper use daily of a soft toothbrush and dental floss to remove plaque.

If you're correct up to this point, you're on your way to keep your teeth all your life. . .

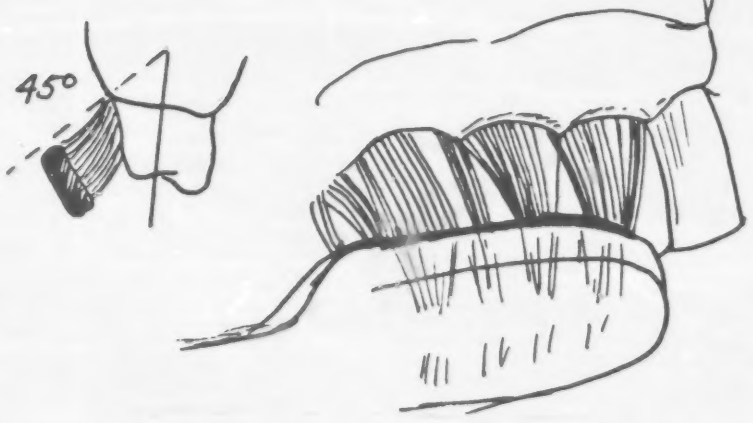
since your teeth were made to last a lifetime.

PRACTICE EXERCISE #3

In the last few years through much dental research, we have learned the correct method of toothbrushing will remove plaque and food debris from the outer, inner and biting surfaces of your teeth. We prescribe a brush with a straight handle, flat brushing surface, softened-rounded bristles.

Soft bristles are less likely to injure gum tissues. The head of the brush should be small enough to reach every tooth. A hard toothbrush will injure the gum tissue and cause damage.

AIM BRUSH AT 45° ANGLE SO BRISTLES GO UNDER GUMS INTO SULCUS.....



3. a. What type of toothbrush should I select and use?

   b. At what angle should the brush be used?

Feedback

a. Did you remember to select a soft toothbrush with a straight handle and small head for effectiv[illegible]aning?

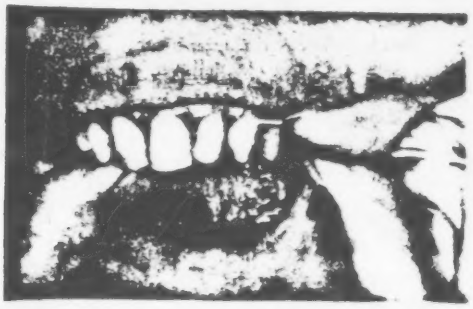
b. 45° angle is correct.

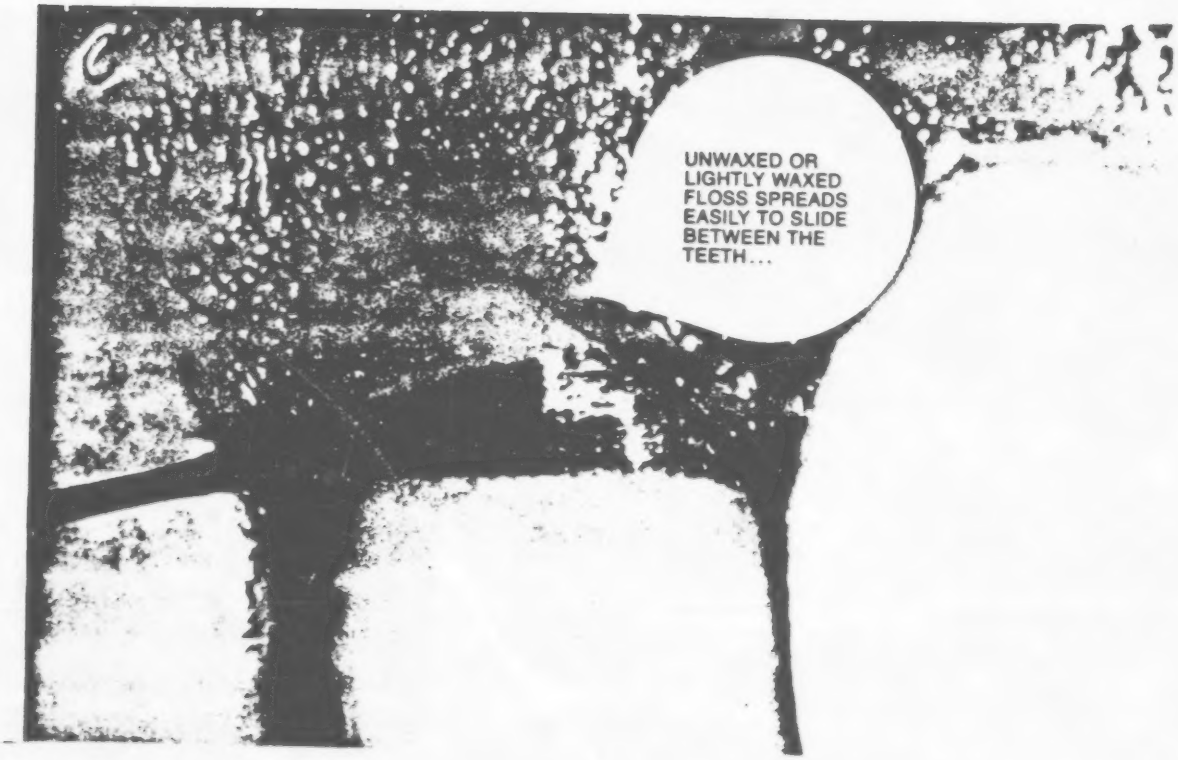
To on to next page for why and how we use dental floss.

PRACTICE EXERCISE #4

Dental floss removes plaque and food debris from between the teeth and under the gums. It is important that you use floss to clean these areas thoroughly because tooth decay and periodontal disease start in areas where your toothbrush can't reach.

4. Why is dental floss important?





PRACTICE EXERCISE #4 (Continued)

Feedback

If you said the use of dental floss is important for cleaning between your teeth and under the gum line, you are correct.

Go on to Post-Test questions.

POST TEST

1. Describe plaque:

2. Tell why and how to remove plaque:

3. What type of toothbrush should you use?

4. Why is dental floss important?

5. Demonstrate the correct way to remove plaque by correct use of toothbrush and dental floss with the enclosed materials (toothbrush, dental floss, disclosing tablets):

POST TEST ANSWERS

1. Plaque is a colorless substance that forms on my teeth daily. It is made up of bacteria, saliva and food debris.

2. Plaque causes dental decay and periodontal disease. You can remove it with the proper use of soft toothbrush and dental floss daily.

3. Soft toothbrush with a straight handle and small head for effective cleaning.

4. Dental floss is important for cleaning between your teeth and under the gum line.

5. Did you pass the Red-Cote test, no plaque?

HEALTH INSTRUCTION EXCHANGE
1100 Glendon Avenue □ Westwood Center □ Suite 925 □ Los Angeles, CA 90024 □ 213 478-1411
A PROJECT OF THE LEAGUE FOR INNOVATION IN THE COMMUNITY COLLEGE

ORAL HEALTH
DURING
ORTHODONTIC TREATMENT

by

Vian A. Weller

© Vian A. Weller, 1977
All Rights Reserved

TITLE:	Oral Hygiene during Orthodontic Treatment
AUTHOR:	Vian A. Weller
INSTITUTION:	American Society for Preventive Dentistry
INTENDED STUDENTS:	Young dental patients with braces
ESTIMATED WORKING TIME:	45 minutes
MATERIALS NEEDED:	Toothbrush; the Plac-Pik or toothpick; disclosing tablets; a mirror.

FIELD TEST COPY

HEALTH INSTRUCTION EXCHANGE
1100 Glendon Avenue □ Westwood Center □ Suite 925 □ Los Angeles, CA 90024 □ 213 478-1411
A PROJECT OF THE LEAGUE FOR INNOVATION IN THE COMMUNITY COLLEGE

INTRODUCTION

Did you know that wearing braces could indirectly cause you to have terrible stains which are impossible to remove from your teeth? Would you like to know how to prevent this? This package will teach you how.

Overall Objectives

I hope that by the time you finish this package you will be able to effectively and easily clean the mouth with orthodontic appliances in it.

Sub-objectives

In order for you to be able to accomplish the above, you will:

choose the right toothbrush.

use a toothbrush effectively in all parts of the mouth while orthodontic appliances are in it.

use a pick with appliances in mouth.

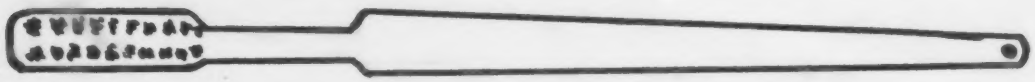
list things that can happen unless good habits are acquired and maintained

state whose responsibility it is to keep the mouth clean.

list the rewards of a clean mouth during treatment.

PRACTICE EXERCISE #1

There are two things to remember in selecting a toothbrush. Search for one with a narrow head. The one pictured below has two rows of bristles. Some with three rows are acceptable if smaller than the average. This one shown is the actual size and is very good. The second important thing to look for is that the bristles are soft, so as not to damage your gums. They are generally marked on the package - soft, medium, hard.



Practice Question #1

1. What two qualities should one search for in choosing a toothbrush?

Feedback

1. a) soft bristles

   b) small narrow head

PRACTICE EXERCISE #2

One should always brush teeth in the direction the teeth grow. Brush the upper teeth down and the lower teeth up because the upper teeth grow down and the lower teeth grow up. Pick up the brush and brush all parts of your teeth, tongue, and cheek surfaces this way. Then answer the practice question.

Practice Question #2

How do you decide which direction to move your toothbrush?

Feedback

One should brush the direction the teeth grow.

Good for you if you remembered! Keep right on.

PRACTICE EXERCISE #3

Your mouth is not clean if food particles and bacteria have not been removed from the teeth, tongue, gums, and braces. These things can be seen by using a disclosing tablet or solution. Either will show red at the areas on the teeth and braces are where one's mouth is dirty.

Practice Question #3

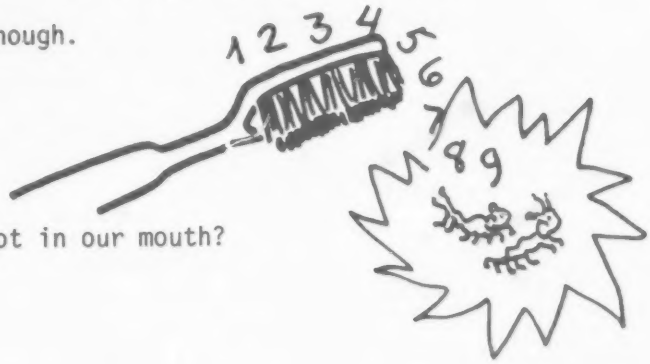
How can I know if my mouth is not clean?

Feedback

By using a disclosing tablet or solution that turns the dirty parts red until I clean them off.

PRACTICE EXERCISE #4

In order to thoroughly clean the teeth, you must brush each spot ten times. Bacteria or germs are not easily removed from teeth. However, we feel safe in saying nine times ought to be enough.



Practice Question #4

How many times should we brush each spot in our mouth?

Feedback

Nine times

PRACTICE EXERCISE #5

Although toothpaste is nice, it is not necessary to keep your mouth clean. It helps, but certainly does not do anything when poor toothbrushing technique is used. A small mixture of salt and baking soda is just as effective as toothpaste

Practice Question #5

Do we have to have toothpaste to have a clean mouth?

Feedback

No, we can use salt and baking soda.

PRACTICE EXERCISE #6

We need to brush braces sideways (horizontally) after brushing the teeth up and down, in order to completely rid the braces of food and germs.

Practice Question#6

Do we need to use the toothbrush in a horizontal direction with our braces?

Feedback

Yes

PRACTICE EXERCISE #7

Please pick up a Plac-Pik (shown below). In order to use it, you insert the tip end gently between the teeth at the gum line. This should be done between all the teeth. Try it.

Practice Question #7

Demonstrate the use of a Plac-Pik. Then tell why we use it.

Feedback

We must use the pick in order to clean between the teeth.

PRACTICE EXERCISE #8

You will need to remember the rewards of keeping your mouth clean while wearing braces are:

The teeth will move more quickly.

There will be no decalcification of the teeth.*

There will be no gum disease or bleeding gums.

Also, you will not have bad breath resulting from the germs left in the mouth.

* That big word "decalcification" is where the germs left on your teeth for a long time just take the calcium out of your tooth leaving ugly white spots which cannot be removed - ever.

Practice Question #8

What are three rewards of keeping a clean mouth during orthodontic treatment?

Feedback

Any three of these are correct:

The teeth will move more quickly.

The teeth will not have any white spots left or decalcification.

There will be no gum disease or bleeding gums.

There will be no bad breath due to germs left on the teeth.

PRACTICE EXERCISE #9

Is there anyone else in this world who is going to use your teeth to eat with? No, of course not.

We sometimes get tired of hearing our mothers or fathers and dentists or their assistants nag at us to keep our teeth clean. They are not going to have your teeth in their mouths. Therefore, it is not their responsibility to nag. It is your own responsibility to clean your own mouth.

Practice Question #9

Who is responsible for your mouth's cleanliness?

Feedback

You are responsible.

PRACTICE EXERCISE #10

Proper toothbrushing technique is this:

1. Put the toothbrush up next to the upper teeth in the back of the mouth next to the cheek pointing the bristles up and roll the brush down the tooth. Repeat 9 times.
2. Move all the way around the upper teeth, doing this nine times per spot.
3. Now place the toothbrush on the tongue side of the upper teeth, pointing the bristles upward, and roll the brush down the inside of the tooth. Repeat nine times. Do this on both sides of the mouth.
4. In the center front inside of the upper teeth, hold the brush as if you were going to bite off the head of it and brush down.
5. On the lower teeth, put the brush between the cheek and your chewing teeth with bristles pointed down toward the floor and roll the brush up the tooth. Repeat in this spot nine times. Work all the way around the mouth in this manner.
6. On the inside or tongue side of your teeth, point bristles toward floor and roll up the tooth with brush. Repeat nine times. Do both sides this way.
7. In the front of the mouth on the tongue side of the lower teeth, pretend you are going to bite the head of the brush off. Now extend brush down on inside of these front teeth and pull up brushing the inner surfaces in the process.

8. Scrub the biting surfaces of your chewing teeth.
9. Now brush the tongue vigorously until it is only pink.
10. Rinse the mouth and toothbrush with water.
11. Take out a Plaque Pik and insert it gently between each tooth at gum line.

Practice Question #10

Demonstrate a full mouth brushing and picking on yourself. Check yourself with the check list. Practice, and let the assistant help you if necessary. Try doing it without looking at the list. If necessary reread the steps over several times until you are sure you can remember them before trying to do this.

Feedback

Ask the person who gave you this unit to give you a copy of the checklist to tape to your mirror at home so you can repeat your performance.

PRACTICE EXERCISE #11

Toothbrushing and picking should be done thoroughly once a day.

Practice Question #11

How often should you brush and pick your teeth?

Feedback

Once a day.

Turn the page to test your knowledge with a short self-exam.

Self-Exam

1. How do you choose a good toothbrush?
2. What rule is used to decide which direction to move the brush?
3. How can you decide if your mouth is not clean?
4. How many strokes of the brush per section is needed to really clean the teeth?
5. Is toothpaste absolutely necessary to a clean mouth?
6. Do you need to use the toothbrush in a horizontal direction with your braces?
7. Demonstrate the use of a Plac-Pik for the assistant.
8. Why do you need a pick?
9. What are four rewards of keeping a clean mouth during orthodontic treatment?
10. a) Who is responsible for your mouth's cleanliness?
    b) Who is not responsible? List three people.
11. Demonstrate a full mouth toothbrushing and picking on yourself for the assistant.
12. How often must this procedure be carried out to maintain good oral health?
13. How do you feel about this exercise since you have finished it?
    Enjoyable ____ Effective ____ Stimulating ____
    Unimportant ____ Confusing ____ Too Detailed ____
    Explain:
14. This package could be improved by:

ANSWERS TO SELF-EXAM

1. Narrow head, soft bristles.
2. Brush the direction the tooth rows.
3. With a disclosing tablet or solution.
4. Nine strokes.
5. No
6. Yes
7. Your technique was right if you inserted it between the teeth at the gum-line.
8. There are some places in the mouth that the brush cannot reach.
9. a) The teeth will move more quickly.
   b) The teeth will not have decalcification which is ugly.
   c) There will be no gum disease.
   d) There will be no bad breath resulting from the germs left in the mouth.
10. a) Self b) Dentist, Dental Assistants, and parents
11. See check list on the next page, which you may take with you.
12. Once a day.

CHECK LIST

1. Is the toothbrush positioned parallel to the teeth and pointing in the right direction?
2. Is the movement of the toothbrush in the right direction?
3. Did you stroke each section nine times?
4. Did you use the proper stroke for the biting surfaces?
5. Did you brush the braces and wires in a horizontal direction last of all?
6. Did you insert the plac-pik between the teeth at the gum line and push as far as it would go and pull it back out.

JUL 17 1981

ERIC Clearinghouse for Junior Colleges
96 Powell Library Building
University of California
Los Angeles, California 90024